



DEPARTMENT OF THE ARMY
OFFICE OF THE SURGEON GENERAL
5109 LEESBURG PIKE
FALLS CHURCH, VA 22041-3258

REPLY TO
ATTENTION OF

DASG-ZB

02 MAR 2006

MEMORANDUM THRU LTG Franklin L Hagenbeck, Deputy Chief of Staff, G1, Room 2E460,
300 Army Pentagon, Washington, DC 20310-0300

FOR LTG James J. Lovelace, Deputy Chief of Staff, G-3-5-7, 400 Army Pentagon, Washington,
DC 20310-0400

SUBJECT: Army Pregnancy/Postpartum Physical Training (PPPT) Program

1. References:

a. DOD Instruction 1308.3, Physical Fitness and Body Fat Programs Procedures, Physical Fitness, paragraphs 6.1.2.2 and 6.2.3.6, 5 November 2002.

b. AR 350-1, Army Training and Education, Chapter 4, paragraph 4-9a (9), 9 April 2003.

c. AR 40-501, Standards of Medical Fitness, Chapter 7, paragraphs 7-9 and 7-10, 12 April 2004.

d. ALARACT Message, Postpartum Soldiers and the Physical Fitness and Weight Control Program, 251912Z MAR 96.

e. American College of Obstetricians and Gynecologists (ACOG) Committee Opinion #267, January 2002, subject: Exercise During Pregnancy and the Postpartum Period.

2. We provide our endorsement of the Army PPPT Program with Army Deputy Chief of Staff, G-3/5/7 as the proponent. The program is comprised of a standardized local commander's program and training for program leaders in pregnancy and postpartum physical training, as described in the enclosure.

3. Our point of contact for the PPPT Program is Ms. Lisa Young, Health Educator and Project Leader, US Army Center for Health Promotion and Preventive Medicine, Directorate of Health Promotion and Wellness. She can be reached at lisa.young@amedd.army.mil, DSN 584-7844 or commercial (410) 436-7844.

FOR THE SURGEON GENERAL:

Encl

JOSEPH G. WEBB, JR.
Major General
Deputy Surgeon General